

## Betty's Black Eyed Pea Salad Recipe



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In this video, Betty demonstrates how to make a gorgeous and healthy Black Eyed Pea Salad. It is a great, light summertime delight that you will enjoy whether you are watching your calories or not!

Ingredients:

(2) 15-oz. cans black eyed peas, drained and rinsed (You may cook an equivalent amount of dry black eyed peas, according to package instructions, if you prefer.)

2 cups chopped Roma tomatoes (Any variety of tomato is fine.)

1 cup chopped green pepper

½ cup chopped onion

½ cup rice vinegar

2 teaspoons sugar (You may use sugar substitute to lower the calories.)

In a medium serving bowl, combine 2 cans black eyed peas, 2 cups chopped tomatoes, 1 cup chopped green pepper, and ½ cup chopped onion. Mix well. In a small bowl, combine ½ cup rice vinegar and 2 teaspoons sugar. Pour over pea mixture and toss. Chill at least 30 minutes before serving. This is a colorful and nutritious salad, and it is also very tasty! Enjoy!!! --Betty ☐